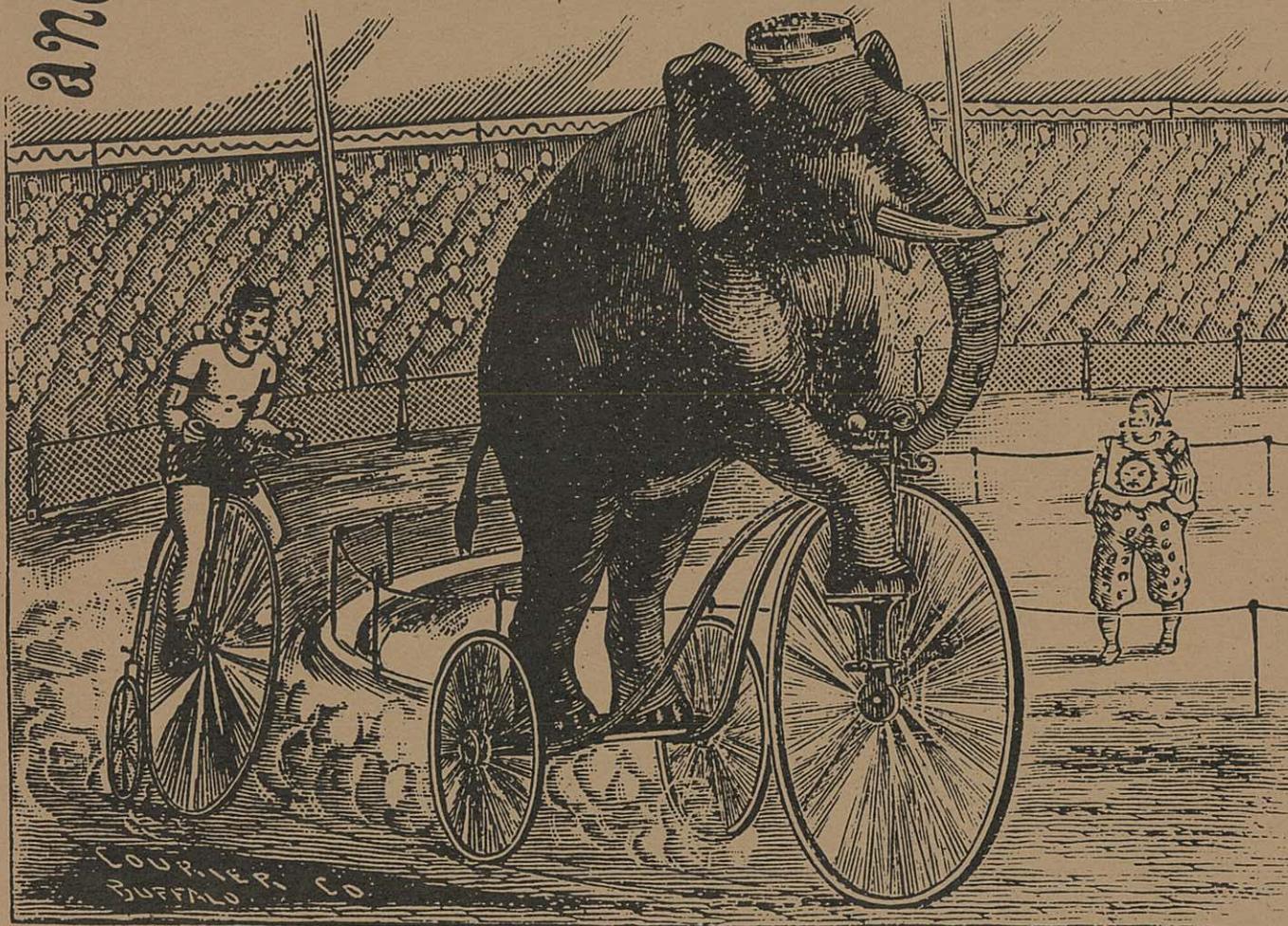


1998
MMBA another year
Championship Point Series
under the big top

INSIDE
point series news
Grindo's Grind
Ask Dr. C
Riding Both
Sides of the Fence
Chapter Chatter
and more!!!!

BENT RIM BUGLE



The Greatest Show in Michigan
coming to a trail near you

DON'T BE FOOLED BY IMITATORS

1998 MMBA CHAMPIONSHIP POINT SERIES*

4-19-98 DEEP LAKE TRAIL BENEFIT

Yankee Springs Recreation Area /
Tailwind Enterprises (248)634-6178
FEE: \$20 by 4-13 / Day of \$25 REG: 8:00-9:30am
START: 10:00am KIDS RACE: \$5.00 / 12:00pm

5-03-98 FORT CUSTER STAMPEDE

Augusta , MI / Mike Needham (616)731-4078
FEE: \$20 by 4-27 / Day of \$25 REG: 8:00am to 1/2 hr
before start START: Exp 10am / Sport 1:00pm /
Beg 3:30 pm KIDS RACE: \$5/ 2:00pm

5-17-98 ADDISON OAKS

Leonard /Addison Oaks County Park (810)858-4647
FEE: \$20 by 5-11 / Day of \$25 REG: 9:00am to 1/2 hr
before start START: Beg 11:00am; Exp/Sport 1:30pm
KIDS RACE: 10:00am

6-07-98 OWASIPPI

Owasippi Boy Scout Camp / North of Muskegon /
Piranha Productions (248)623-6754 FEE: \$20 by 6-01/
Day of \$25 REG: 8:00am to 1/2 hr before start START:
Exp 10am / Sport 12:30pm / Beg 2:45pm KIDS RACE:
\$5/ 2:00pm

6-14-98 PONTIAC LAKE CROSS COUNTRY

Waterford / Tailwind Enterprises (248)634-6178 FEE:
\$20 by 6-8 / Day of \$25 REG: 8:00 to 1/2 hr before start
START: Exp 10am; Sport 12:30; Beg 2:45 KIDS RACE:
\$5.00 / 12:00pm

6-21-98 KEWEENAW CHAIN DRIVE

Promoter Houghton/Hancock Chamber of Commerce
Timing Fun Promotions (616) 453-4245
FEE: \$20 by 6-15 / Day of \$25 REG: 9:00-10:30 START:
11:00am KIDS RACE:

7-12-98 BLOOMER

Rochester Hills / Tailwind Enterprises (248)634-6178
FEE: \$20 by 7-6 / Day of \$25 REG: 8:00 to 1/2 hr before
start START: Exp 10am; Sport 12:30; Beg 2:45 KIDS
RACE: \$5.00 / 2:30pm

7-26-98 PONTIAC LAKE TIME TRIAL

Pontiac / Tailwind Enterprises (248)634-6178
FEE: \$20 by 7-21 / Day of \$25 REG: 8:00-9:30am
START: 10:00am KIDS RACE: \$5.00 / After last adult

8-9-98 RUBY

Port Huron /Tailwind Enterprises (248)634-6178 FEE:
\$20 by 8-03 / Day of \$25 REG: 8:00 to 1/2 hr before start
START: Exp 10am; Sport 12:30; Beg 2:45
KIDS RACE: \$5.00 / 2:30pm

8-16-98 BIG M / BIG M SKI AREA

Manistee / Piranha Productions (248)623-6754
FEE: \$20 by 8-10 / Day of \$25 REG: 8:00am to 1/2 hr
before start START: Exp 10am / Sport 12:30pm / Beg
2:45pm KIDS RACE: \$5/ 2:00pm

9-06-98 OWASIPPI

Owasippi Boy Scout Camp / North Muskegon / Piranha
Productions (248)623-6754 FEE: \$20 by 8-31/ Day of
\$25 REG: 8:00am to 1/2 hr before start START: Exp
10am / Sport 12:30pm / Beg 2:45pm
KIDS RACE: \$5/ 2:00pm

9-20-98 ADDISON OAKS

Leonard /Addison Oaks County Park (810)858-4647
FEE: \$20 by 9-14 / Day of \$25 REG: 9:00am to 1/2 hr
before start START: Beg 11:00am; Exp/Sport 1:30pm
KIDS RACE: 10:00am

9-27-98 FORT CUSTER

Augusta, MI / Mike Needham (616)731-4078
FEE: \$20 by 9-21 / Day of \$25 REG: 8:00am to 1/2 hr
before start START: Exp 10am / Sport 12:30pm / Beg
2:45pm KIDS RACE: \$5/ 2:00pm

10-18-98 GARLAND HAMMER

Lewiston /Garland Resort / Larry Kinny (517) 732-6711
FEE: \$20 by 10-11 / \$25 Day of REG: 8:00am to 1/2 hr.
before start START: TBA KIDS RACE: \$5/TBA

10-25-98 CANNONSBURG CHALLENGE

Cannonsburg Ski Area / Grand Rapids / Fun Promotions
(616)453-4245 FEE: \$20 by 10-19 / Day of \$25 REG:
8:00 to 1/2 hr before start START: Exp 10am / Sport
12:30pm / Beg 2:45 KIDS RACE: \$5 / 2:00pm

*Always check with promotor for information,
current start times, race applications and date of
events. See MMBA Championship Points Series
Rules for eligibility. You do not have to be an
MMBA member to ride in any of the races listed,
but it is highly recommended. However, mem-
bership/race fee is required to be tabulated in the
points series.

MMBA

MICHIGAN MOUNTAIN BIKING ASSOCIATION

Chapter Chatter

VASA

It was the first Saturday of April and members of both Cherry Capital Cycling Club and the MMBA donated their time to enhance the VASA Single Track and get the trail in optimum condition for the upcoming season. The weather was perfect and many members emerged for the spring cleaning. On the menu was clearing the trail of winter debris (99% already done by Mike Goodreau), removing exposed stumps, scouting the trail for impact problems, and planting eighteen new numbered posts. The VASA Single Track Loop is a DNR trail just east of Traverse City, maintained by the MMBA Northern Chapter and the Cherry Capital Cycling Club.

In January the board members of the Cherry Capital Cycling Club made a donation to the Northern Chapter of the MMBA to make numbered sign posts for the VASA Single Track. The posts were then purchased, and sent to Grand Traverse County Parks and Rec. Department for routering in the numbers and painting them "DNR" brown. Thanks to Bob Barley and the inmate crew (from the local work release program) for their work. (They also make most of the benches and picnic tables at all the County Parks and trails).

The numbered posts are to mark the trail at most intersections. Bikers who are new to the trail will gather some comfort from these markings and can accurately locate their position on

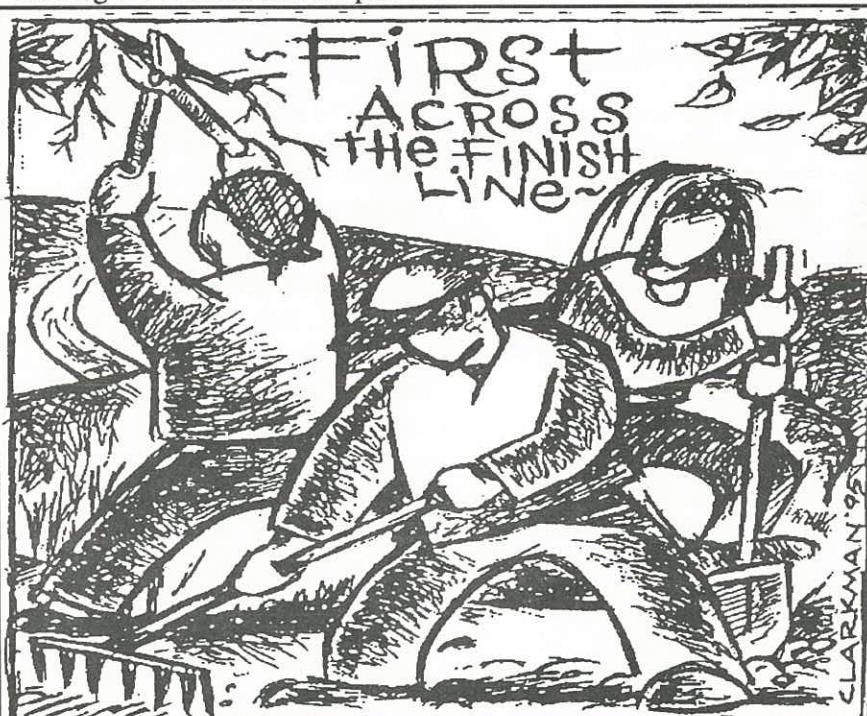
the map (yes, new maps, thanks to Dennis Bean-Larson.). There are 18 posts in all and you can follow them sequentially for the entire 14 mile loop. A shortcut exists between posts 10 and 15 which makes about a 10 mile loop.

The trail is marked, cleaned, and safe for use. Take a moment to thank your volunteers, and give them a pat on the back for a job well done. Their work is benefiting the Michigan community and making the TC area a better place

to live and play.

You know them, thank them! MMBA Northern Chapter President Dennis Bean-Larson, Trail Chairman Ed Andres, MMBA and Cherry Capital Cycling Club volunteers: Mike Goodreau, Mike Schaeffer, Don Kessel, Kim Steffes, Jeff Corwin, Bill Holland, Paul Conlen, John Williams, Bob and Marie Klenke, John Ammar, Bruce Bodjack and Todd Antrim.

(Thank you Cherry Capital Cycling Club for this information and their continual support of the activities of the Northern Chapter of the MMBA!)



Holly /Flint Chapter

Chapter Chatter

The "WELL" is in at Holdridge!!! And the kiosk is under construction. After many long delays, the well was sunk on May 6th. Water will be flowing as of this printing. The Chapter

"Support Program" has been a huge success. Please support the following: Assenmacher's Hill Rd., Assenmacher's Miller Rd., Grand Blanc Cyclery, Kinetic Systems, Adventure Cycle, Wheels in Motion and Piranha Productions. They have supported you and our Chapter...Please give them your support. The following shops are in the 10% Club and will give MMBA Members a 10% discount on all Biking Accessories: All three Assenmacher Cycling Centers-Flint, Grand

(chap.chat. contin. next pg.)

BENT RIM BUGLE

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Use them wisely

This mag. is printed

on recycled paper

**"That which hinders your task is
your task."** S. Meisner
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Blanc Cyclery-Grand Blanc and
Adventure Cyclery-Lapeer. (You
must show a valid MMBA
Membership Card.)

The Chapter will hold its
Fifth National Trails Day Event
on June 6th. 10:00am at
Holdridge Lakes. We ask all
members to come out and get
involved with this nationwide
event. Volunteer some of your
time to the trail you ride! We will
need weed whips for the grooming
of the North Loop. If you
have never been involved, this is
your opportunity...call Rick at
248-634-7691 for more info.
THANKS to ED BERTA for all
his efforts...Ed has gotten our
Website off the ground, takes the
minutes at our meetings and has
become a huge asset for the
Chapter. Thanks again Ed! Group
rides under way, check the
newsletters or call me if you
have questions on these or any
other matters. Things in the
Chapter are real upbeat, get
involved and stay involved...you
are the MMBA! Thanks to all!

Rick Jerrell President Holly/
Flint 248.634.7691

Potawatomi Chapter

Brighton Trail Cutting

After three Winter/Spring
trail cutting days this year and
hundreds of volunteer hours,
the Brighton Murray Lake Trail
is finished. Added to the existing
loop, which was cut begin-
ning of 1997, are two fresh
intermediate loops.

The first new loop picks up
off the existing one near the
intersection of Bishop Lake Rd.
and Bauer Rd. and follows
Bauer Rd. North to the access
road for the Murray Lake
Campgrounds. At this point you
have the option to rage the
second new loop or continue on
riding along the campground
road. Taking the shorter route
and staying on the first loop
takes you past Murray Lake
through some rolling wooded
hills past a few small lakes
through a field along a ridge
eventually dumping you back
into the existing loop not far
from where you started.

BENT RIM BUGLE PUBLISHING INFO

The Bent Rim Bugle (BRB) is published 4 times a year (quarterly) Spring, Summer, Fall and Winter. The BRB is the source for news and information for the Michigan Mountain Biking Association (MMBA). Articles come from MMBA members, MMBA Chapter Presidents, the Michigan Department of Natural Resources and other sources. The focus of the BRB is on what is of interest to MMBA members as well as education on environmental issues, land access, mountain biking events, rides, competition, fun and other activities and information related to the mountain biking.

Editorial contributions and photos are welcomed, but cannot be returned unless accompanied by proper postage. Send contributions to: **MMBA/BRB P.O. Box 29, Belmont MI 49306**. The BRB also can provide classified ads to MMBA members for free and advertising space to shops and manufacturers. For deadlines and rates contact the address above or call: (616) 785-0120 or AOL E-Mail: gommba@aol.com. (Net: gommba@aol.com) MMBA Web site: <http://www.mmba.org>.

Opinions expressed are not necessarily those of the MMBA, Publisher, and/or MMBA members, Dealers, or Sponsors. In other words, lighten-up it's mountain biking not world hunger... Copyright, March/April. 1998, all rights reserved...including but not limit to all etc./yada yada yada!

MMBA Responsibility Code

1. Always yield the right of way to other trail users.
2. Slow down and pass with care (or stop).
3. Control your speed at all times.
4. Stay on designated trails.
5. Don't disturb wildlife or livestock.
6. Pack out litter.
7. Respect public and private property.
8. Know local rules.
9. Plan ahead.
10. Avoid riding in large groups.
11. Minimize impact.
12. Report incidents of trail impasse to local park authorities.

The second loop starts after the campground road and will not be officially open until the bridge is built, which I'm told will be any day now. After crossing over the bridge the second loop continues on North along Bauer Rd. turning back South before Cunningham Road is reached. A very nice vista of Cunningham Lake is had at this point. The loop heads back South partly along some two track and then back across the soon-to-be-two-way bridge and then back to the first loop again.

Total trail length of all three Murray Lake loops is over 7 miles. The terrain is mildly hilly with woods, ponds and some open fields. The trail is mostly fresh single track with some old two-track mixed in. For directions to the park, call Brighton Recreation Area at 810-229-6566.

The Brighton trail network now consists of 3 different trails, the old trail, Penosha/Kachin and the two new trails Torn Shirt and Murray Lake. The total trail length of all three trails is over 18 miles. That's as long as the Poto. Quite an afternoon of fun! Thanks to all the volunteers who are making more great places to ride in the Metro area.

Mid-State Chapter

"The Mid-State Chapter has a full schedule of events for

the upcoming summer. Everyone is invited to attend the FunDays being held Sunday, August 9 at Heritage Park in Adrian. If you would like registration info, watch the web page or contact Lisa at (517) 782-9093. The race held at Heritage Park in April was a huge success, another race is planned probably in October. Everyone had a great time: the chapter had a booth set up and gave away swag to the winners & even collected a few new members. All in all it was a great day. Hope more of you can make the fall event! Thanks to a few dedicated people in the Jackson area, a local trail is getting close to having the city's blessing. In all, there are about 12 miles of trails, watch the BRB and the chapter newsletter for more info. The chapter has a lot of rides & events coming up. If you currently are not receiving the chapter newsletter, please contact Lisa at the above number. Any & all are welcome at chapter events & rides."

Southwest Chapter

See Dirt Stock Ad on page 31

Northeast Chapter

The Northeast Chapter had their first meeting of the season in the Village of Sanford, MI in April. The chapter calendar was put together at that time and looks like this for 1998 (always check with chapter for current info):

•June 6th (National Trails Day) Trail maintenance day at

Pinehaven Recreation Area. Meet at 9:00am at the trailhead parking lot. Contact Randy Wallace (N.E. Chapter Trail Coord) at 517-671-9404 for details.

- June 16th Chapter Ride Pinehaven Recreation Area. Meet in parking lot around 6:45 pm. call Randy (see # above).
- June 28th Chapter Ride at Holdridge Lakes. Call Randy 517-671-9404.
- July 7th Chapter Ride at Ogemaw Hills Pathway. Meet at the Sage Lake Rd. trailhead parking lot around 6:45 pm. There will be some N.E. Chapter chatter before the ride. Call Todd 517-345-4523 or e-mail at tmidewell@i-star.com for more info.
- July 19th Pinehaven Singletrack Dedication - Meet at 10 am. Bring your bike and a smile for the camera! Clothing optional....just kidding to see if you're really reading this. Call Todd 517-345-4523 or e-mail at tmidewell@i-star.com, Kevin 517-839-6562 or Randy 517-671-9404 for more info.
- July 21st Chapter Ride Pinehaven Recreation area. Meeting in the parking lot around 6:45.
- There will be chapter rides through the end of September at Ogemaw Hills Pathway first Tuesday of the month, and at Pinehaven Recreation Area the third Tuesday of the month. Same time, place and contact numbers as mentioned above in case you didn't catch the pattern....
- August 9th Chapter Ride on the west side of the state (NCT, Big M, Cadillac Pathway, Vasa, and others). This has become an annual event with our chapter. If you miss all the rest don't miss this one. Call Randy Wallace for details 517-671-9404.

(chap.chat. contin. next pg.)

•September 13th Shingle Mill Pathway Ride. Call Randy or Todd for details. See numbers above. Bring your binocs for elk viewing. The trip to Big Buck in Gaylord afterwards isn't bad either!

More Coming Up - So Keep In Touch With Your Chapter Leaders!

Southeast Chapter

A few years ago, the Michigan Mountain Biking Association (MMBA) approached the Metropark system asking about creating an offroad trail at a downriver Metropark. Their answer was "No, but we should contact the park management at Stony Creek." As it turns out, the Stony Creek management was considering closing their XC ski trails to mountain biking. It had never been officially allowed in the first place and they had concerns regarding trail erosion and proliferation, which were only getting worse with the rapidly increasing use.

As a first step, the Park let us put up trail signs on the existing two-track (wide) trails, marking a beginner and intermediate loop. We also made a map, organized a couple clean up days, and hosted a family ride day.

The Park was fairly pleased with the results so they gave approval to connect the rest of the existing singletrack and make one a well-marked loop. They also asked us to reroute some of the more "gonzo", eroded downhill sections and close the unused singletrack sections. We've pretty much completed this request during a few MMBA work days.

The result is an exciting intermediate 3 mile singletrack trail.

I spoke at length with many local riders who were reluctant to change the current elaborate trail network. The problem is that the intense housing growth in the local area is going to greatly increase the number of trail users. Real steep trail sections that could support a couple of riders a day are starting to see ten times that or more, leading to greater erosion. And without a prescribed trail direction, more users mean more potential collisions. By creating and signing a well-designed singletrack, we hope to avoid these problems: problems that could lead the Park to banning mountain bikes altogether.

Stony Creek is the first Michigan Metropark to "officially" allow offroad biking. If this is the success we're expecting it to be, we may be able to add similar bike trails in other Metroparks.

Western Chapter

This has been an exciting time for us. We are in the process of building a new trail at Camp O'Malley, a police camp southeast of Grand Rapids. We are also continually working on the many trails within our area.

The Yankee Springs Time Trial Benefit was an absolute success, with a record 600+ riders competing. I would like thank all who volunteered their time to the race, as well as Tailwind for putting on another fantastic race. The money earned will go toward upkeep and maintenance for one of the most popular trails in Michigan.

Cannonsburg Game Area is continually being refined thanks to all the volunteers who put in their time, especially Dave Heyboyer and Janet Jones. This is one of the most used trails in our area, and thanks to all who volunteer, it has managed to become an even better trail than ever before.

We are continually adding mileage to Bass River, just east of Grand Rapids. Steve Pruitt and Jackie Tellier have been adding some twisty singletrack designed to challenge even the most experienced riders. Our May 10th trail building day was a success, with a few additional miles added. Trail Coordinator Steve Pruitt and Vice President Marty Jones each took a gas powered weed whacker with metal blade attachment and went to town blazing trail. We all did our best to stay out of the way of the two boys with power tools....

We are working the bugs out of the first race at Owasippe Boy Scout Trails (a huge, huge wind storm) and will have everything set for what we hope will be an even more successful Point Series Race there this fall. Chris Kring, Bruce Johnston and all who have helped out deserve a sincere thank you for their tireless efforts.

The Ionia State Rec Trail, once under our domain, is now being handled by the Mid-State Chapter. We would like to thank them for taking over this trail so that we can utilize our efforts with the trails we have. I am sure the Mid State Chapter will continue to keep Ionia one of the true gems in the state.

Our chapter would not be where it is without the support of our members and local bike shops. Village Bike has printed up applications for us in the past, and

Gindo's Grind

Grindo to the Rescue...

Howdy! Remember me? I'm that guy at Cycleworks that likes to bitch about everything. Today, though, I am actually smiling becuz I just got my first letter for the Q&A segment of my column (if you can call it that). If YOU have a question about bicycle maintenance, ask me c/o this publication! I might even answer it... Here it goes...

Q: As embarrassing as it is to admit, I was approaching a steep climb last weekend when at the crux of that climb I realized that 1) I wasn't going fast enough, and 2) I hadn't geared down enough and rather than roll back downhill, I bailed at the top.

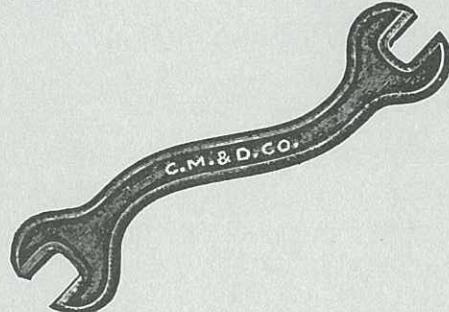
Right cleat disengaged early, left followed after I was down and received no less than 20 cuts and punctures to my right achilles area from the big ring.

My question is this: does anybody make a bolt-on add-on to the chainring group that would protect a leg from an unintended encounter with the shark-ring, er, ah I mean the big ring, and still be out of the way when that ring needs to be shifted to?

If there's such a commercial device, I'd love to know about it, if not, then you'll know me by the weird home-made thingy

bolted to to my outer chain ring. Comments /advice welcome. Save your flames for the campfire:-)

Kevin



Kevin,
Chances are that lightening will not strike twice in the same place, being bitten hurts way too much for you not to avoid it happening again. If you are in need of a pretty cool product, try a ROCK RING by Girven. This ring bolts to the five outer chainring bolt holes with long chainring bolts (supplied). These nifty gadgets can be found in a few shops, but not a lot of them, due to the disturbing side effect of the unit. You see, the ROCK RING will protect your leg, but if you hit an actual rock with it, chances are that you will not just bend your chainring, but your crank spider, thereby ruining the whole crank, not just the outer ring. Also cool, but not necessarily as fashionable are downhill shin-guards, like those made by Qrang. These particular guards have plastic on the front at the

shin and knee area, but I don't know how far down they go to the rear of the heel they come.

That's as far as I can go here, becuz if I go any further, I might start giving you all of my unproven riding tips. Nobody else wants them, so I'm assuming that you don't either. Maybe next time, huh?

Carpe Cheese,

Grindo

P.S. You might want to ask Dr. C how to care for that wound.

Grindo may be reached at Cycleworks in Royal Oak 248.549.1427



Down At The Pawn Shop

by Dan Lakatos

It was no surprise to me when I caught the news story last week that placed the great state of Montana at the bottom of the barrel regarding annual income. I was drawn to the Bozeman, Montana due to the natural beauty and recreational opportunities. During my year and a half here, in the Northern Rockies, I have had over ten different jobs trying to make ends meet. To say that the economy up here is merely poor would be like claiming that John Tomac doesn't have a chance in a beginner downhill.

This past winter I seemed to hit an all time low. After a cushy seasonal job selling wholesale food during the busy flux of tourism, I found myself out of work. An early ski season, head-meets rock, accident left me with permanent scaring and rock flecks embedded in my skull for eternity. Of course, the injury exponentially compounded my financial whoa. I began to ponder if my wanderlust and pride in avoiding a tucked-in shirt, nine to five job was catching up with me. This winter, I learned that it doesn't matter how amazing and easily accessible the skiing, mountain biking, hiking or climbing is if you can't afford to put food in your mouth.

Two weeks ago the lifts stopped running and the ski areas fell

silent. With the onset of balmy bluebird days, I longed to be in the mountains riding my mountain bike or hiking. The burning spring fever, however, was kept in check with the constant inflow of bills and grown-up responsibilities. Prior to this season, I had never been to a pawnshop. Within the past two months I have to find how little I was actually worth in liquid assets, weekly tips to the pawnshop became the norm.

...the lights inside the pawn shop were as dark as the evil side of Darth Vader.

I'm embarrassed to say but, in an act of total desperation, I spent an afternoon shining up my Specialized Stump jumper, loaded it into the bed of my Ford Ranger then headed for another visit to the pawn-man. I wasn't even a half-mile away from the house when I began to feel a twisting dagger of guilt rip into my soul. In my mind, I had convince myself that the bike was nothing more than a cromoly, aluminum, rubber and leather cash-bearing asset. My heart grew heavy like I was turning my back on a devoted, trusting friend. It may have been a twist of fate, but when I pulled into the parking lot, the lights inside the pawn shop

were as dark as the evil side of Darth Vader. Thank God it was closed and that my only mountain bike remains in my possession.

The very next day one of those unseen heavenly windows of opportunity opened. I ran into a friend who was banking big bucks, by the Montana standards, working for a company building and maintaining hiking and mountain bike trails. He described his job, which requires hiking deep into the mountains, camping and working for eight to ten days at a time. It provoked myself to think of making yet another career change. The next day I spoke with his boss and two days later, I was operating an excavator with an ear-to-ear grin. I was working on a trail being built for the city of Bozeman. For once, I was in the right place at the right time. It's an amazing feeling to be doing fulfilling work in an office with a view that the back country of Montana provides. Next issue I will disclose some of the adventures in wilderness trail building, including fun with chain saws and explosives.

Dan Lakatos, a Michigan native, lives and writes in Bozeman, Montana.

we owe them greatly. This year, North Kent Schwinn has stepped up and printed 3000 applications for our chapter. Both North Kent and Village Bike Shop also help us by providing food and beverages on work days. When you stop in their shops, be sure to let them know their efforts are appreciated. The Western Chapter continues to receive great support from local shops, and I would like to thank them all for their generous help and support.

Our chapter has increased greatly in the past year, and we hope to continue this trend. Dan Clark, producer of the coveted Annual Meeting T-Shirts, has agreed to whip up a special Western Chapter T-Shirt. Best of all, these T-Shirts are free to anyone who signs up 5 members for the Western Chapter. We're anxious to see what Clarkman has in store for a T-Shirt.

MMBA Trail Maps are now available for most of the trails in our area. If anyone would like one, please contact me. Not only do we have a lot of great trails in our area, but we are also blessed with several beautiful and scenic rail-trails, including the White Pine Trail, a 96 mile rail-trail from Grand Rapids to Cadillac. There are plans to have part of this trail paved this summer. Work is also being done on the Musketawa Trail, from Marne to Muskegon, as well as the Thornapple Rail Trail in Kentwood. Our very own Dave Heyboyer is also on the board of the Friends of the White Pine Trail Group.

Well... I've been behind this keyboard too long, and it's actually sunny here in West Michigan. My honey-doo list is up to date, so I'm off to the trails.....



Off The Net

To MMBA:

Yesterday I went on the new single track trail at Stony Creek for the first time ... I just wanted to let those who have worked to develop this trail know how much I enjoyed and appreciated the fruits of their labor. I have frequented the main ski trails many times over the years, and last year I even tried some of the single track that went off into the woods. But those trails were so confusing and you were never certain of where you would come out. What you have achieved is not only a very challenging course, but you have revealed the true character of the land and have created a deep woods experience under the hardwood canopy.

I especially appreciated the views that were created by placing the trail along ridge lines and that the level of difficulty is so consistently applied. You never blasted through a section, you worked it with skill and finesse. You have truly improved the value of the park land by opening up its accessibility while removing the erosion and decay that was being imposed with the growth of the bandit trails that were occurring. I hope that you are encouraged by the Park Management to continue

...I just wanted to let those who have worked to develop this trail how much I enjoyed and appreciated the fruits of their labors...

the development of this trail network ... It is truly a great ride!



Thanks
Joel_Miller@ce.xerox.com

From the Southeast Chapter:
Such kind words!

We're very pleased with the trail as well. Some parts are going to take a little time to wear in, especially along the ridge area, but it's getting better every week.

The best thing you and others can do is to tell the park management that you like what's happening with the trails. You can stop by and talk to them in at the Park HQ or you can call or write: Stony Creek Metropark 4300 Main Park Rd. Shelby Twp., MI 48316 (810) 781-4242 or (800) 477-7756

Pontiac Lake Chapter

Look for the big Time Trial event coming up on July 26, 1998 taking place on the Pontiac Lake Trail. To volunteer contact the Pontiac Lake Chapter of the MMBA at 248-682-6568.

Another Year Under the Big Top

The 1998 MMBA Championship Point Series

A Note from the Race Director

The MMBA race series makes what Barnum and Bailey did look like a cake walk. The Championship Point Series is a many ringed circus with no shortage of side shows. Our series is one of the few state race series that is comprised of multiple promoters and remains ultimately successful year in and year out.

This year, one voice that could not be ignored was that of the Clydesdale class lobbyists. They had contacted all of the Michigan promoters, Dwain, and myself. Impressed with their persistence and enthusiasm we agreed to include them as an exhibition class this year. Since the decision was made so close to the season, some promoters were not sure that they could make arrangements at each race. So, the awards will be based on half plus one of the best results of the total events where the clydesdale class is offered.



CLYDESDALE CLASS

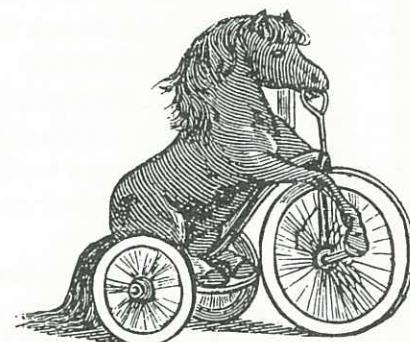
On a hunch, I called Dirt Rag magazine for some support. Since they are the primary sponsor for the national clydesdale championships in

Kentucky, I hoped that they might help us out. They have agreed to give some cool schwag to the series award recipients.

Robert Linden of Tailwind reported that there were seventeen clydesdales at the Yankee Springs time trial, so it looks like this class will be pretty competitive.

We also agreed to include a first timer race at as many events as possible. This class is a non-points class, but all entrants will receive something for participating. It is intended to relieve some of the intimidation of a large beginner class. We hope that people who participate in this class only two or three times, and then move up to the beginner class.

New sites in the race series this year include Owasippe Boy Scout Camp June 6 & 7 and Sept. 5 & 6, Pontiac Lake Cross Country June 14, Bloomer Park July 12, Big M Aug. 16. Owasippe, just north of Muskegon will be a two day event, dual slalom and hill climb events on Saturday and cross country on Sunday. Cabins on site are available for \$35 per night. There will also be a spaghetti dinner and most likely a bon fire on Saturday night.



"How many races count towards the championship point series?" This question has been asked more than once. The answer is, your best finishes of one half of total series races plus one race, per the race schedule as of January 1998.

Any changes that racers may need to address can be done so at each race at the MMBA Point Series booth. Those changes may take some time, so be patient. Remember the MMBA booth and the entire MMBA are volunteers.

Point tabulation and availability are primary issues with the series this year. The MMBA has a new web master, Kevin DuPre, who is renovating the web site and also creating a program that will allow us to post results and standings more quickly for the 1999 season.

The 24 Hours of Moab

by Todd Mercer,
Mid-State Wandering Reporter

What is The 24 Hours of Moab? Heck, for that matter, what is Moab? Moab is a small town on the eastern edge of Utah, nestled beneath the LaSalle mountain range, that has become the holy land for mountain bikers. Add to this setting a 24-hour race with 300 mountain bike teams, a 15-mile technical loop called Behind the Rocks and what you have is The 24 Hours of Moab. Starting at 12 noon on a Saturday and ending at 12 noon on Sunday, the team with the most laps wins. If you think about it, the race doesn't really sound that bad. You ride your bike for about six hours and hang out for the other eighteen, watching your friends rip it up. That's the theory anyway. In practice, however, it's a bit more difficult.

At this point, you're probably wondering what makes me an expert on this somewhat twisted idea for a race. Well, it all started with a phone call. "Hello." "Hi Todd, this is Roger (a good friend of mine who happens to live in paradise). What are you doin' next weekend?" It was that simple. Next thing I know, I'm boxing up my bike, shipping her out UPS and jumping on a plane bound for Denver. (Sure is nice living the life of a professional extreme sports writer, huh?)

Back to Moab. Roger is lined up with 300 other riders for a LeMans-style start. Let me just say that 300 bikers look pretty funny running 200 yards over rough terrain to get to their bikes.

I suppose that's the race director's idea of spreading out the mass start. I did get a chance to talk — I mean, interview — the winner of that 200 yard dash. He told me he had to get off his bike and throw up about a mile into the race. Oh well, at least he looked good in front of the crowd.

The weather: beautiful blue skies with fluffy white clouds, sunny and a very nice 72 degrees. That is until, well, about 12 noon on Saturday. Then 70 mph winds

...Then 70 mph winds drove in a front of rain, sleet, snow and temperatures that dipped down into the upper twenties.

drove in a front of rain, sleet, snow and temperatures that dipped down into the upper twenties. Just in time for the race! But this is MOUNTAIN BIKING we're talking here and, after the race promoters got their shorts out of their chain-rings and stopped whining about possibly canceling the race due to inclement weather conditions, the race began right on time. But to sum things up: it was cold.

But cold wasn't the only element we had to deal with. There was the night, as in darkness. Being so far away from civilization, the only light was from the moon and the stars. Oh, and from your bike's headlight too. Hmm, kinda lost the image there, but you get the picture anyway. When viewed from afar, the camping and staging area glowed like that ship

from Close Encounters. Cool. Yep, the night, my favorite time to ride and, while we're on the subject, let's talk about me for awhile.

So I'm riding my second lap of the day — our team's first night lap — and I'm ripping. Actually, I'm drafting — I mean, sharing my light — with this female pro who from now on will be known by her team number, Twelve. Twelve is picking the line and I'm supplying her extra light by following real close. Seemed like a fair trade to me. Anyhow, we're hammering along the first three miles, all up hill, but we (I) feel great, even better than I did during my first daytime ride. Perfect spin, perfect line, not to mention a nice little draft. Then Twelve trips up, picks the wrong line and gets caught in some sand. I innocently use her miscue and take the better line. Oops. Now I'm on my own, alone. Only one light, no free line, no Twelve. But the worst was over. I'm at the top now, with lots of downhill, some technical stuff, and then the home stretch. Cake, right? Wrong.

I start blasting down the first descent and my left eye feels funny, like I've got some sand in it. I try closing it. Bad move. I AM riding a bike at night in the middle of the desert, so closing my eyes is definitely out. OK, let's try blinking a little. Whoops, that wasn't sand I just worked out of my eye, but rather my contact lens. So, now I'm blasting down these hills getting closer to the technical parts of the trail and I only have one eye. As Twelve passes me, I say to myself, "No problem, I'll just turn on my high powered 40 watt *Night Sun* here and go with it. There's nothing to worry about until the other

(moab contin. pg. 13)

Detroit Free Press/
Rails-To-Trails Conservancy
Presents
MICHIGANDER VII

Mountain Bike Tours
*2-Day - July 18-19 1998
\$58 before May 1st; \$73 after
*6-Day - July 19-24, 1998
\$215 before May 1st; \$250 after
*7-Day - July 18-24, 1998
\$250 before May 1st; \$285 after



For Brochure:
Send self addressed stamped
envelope to:
Michigander, Dept. A2
Rails-To-Trails Conservancy
913 W. Holmes, Suite 145
Lansing, MI 48910
Phone: 517-393-6022
e-mail: rtcmi@aol.com

Thanks to the efforts of bicycle advocates like you, both the Senate ISTEA reauthorization bill (S. 1173) and House ISTEA bill (HR 2400) include many positive provisions to improve conditions for bicycling. These two bills now go to a conference committee where differences between the bills will be worked out. In order to ensure that the final bill signed by President Clinton most favors bicycles, we ask you to call, fax, or write the members of the conference committee and emphasize the following points. A sample letter and the list of participating Senators and Representatives follows.

1. Transferability
Reject Transferability for CMAQ & Enhancements.

“BESTEA” allows state DOTs to transfer money from CMAQ & Enhancements to other programs. Please reject transferability and adopt the Senate provisions on CMAQ & Enhancements.

2. Railbanking

Reject the anti-railbanking Brownback amendment in the Senate bill. Senator Brownback's amendment would weaken the nation railbanking program, making it more difficult to secure abandoned railway corridors for use as trails.

3. Rural Planning Provision

Adopt the Rural Planning provision

sponsored by Senator Levin. The Rural Planning provision will enable better partnerships between state DOTs and local officials in rural areas that have been left without a planning/decision making role over the past several years.

4. National Recreational Trails Fund

Support the inclusion of the former National Recreational Trails Fund as an ISTEA program with contract authority and dedicated funding of \$50 million a year.

5. Design

Adopt the House version of proposed amendments to federal highway design requirements (section 217 of title 23, USC). This is Section 137 of H.R. 2400. It contains several provisions not included in the Senate's version that are of great interest to the bicycle community. Paragraph (d) Highway and Street Design Standards, directs the Secretary of Transportation to conduct a study

with AASHTO to consider amending the policy on highway and street design (the Greenbook) to accommodate bicyclists and pedestrians. Paragraph (f) Design Guidance, directs the Secretary of Transportation to work with AASHTO, the Institute of Transportation Engineers, and other interested organizations to develop guidance on the various approaches to accomodating bicycles and pedestrian travel. This would help establish clear criteria for what to provide, where, and under what circumstances to accomodate bicycling and walking.

(Continued next pg.)

**Connecting Michigan
First Statewide Traiways
and Greenways
Conference**

When:
Sunday Sept. 27 -
Tuesday Sept. 19, 1998

Where:
McCamly Plaza Hotel,
Battle Creek, MI

Why should you attend? The conference will offer several keynote speakers, three seminar tracks: **Getting Started / Developing & Implementing Projects and Policy Issues**, as well as abundant networking opportunities. For more information contact the:
Rails-to-Trails Conservancy
517-393-6022

Just a reminder, the Bent Rim Bulge comes out 4 times a year. If you have an event/article for the late summer and early fall the next deadline is July 15.



Sample Letters

US Senate
Washington, DC 20510

US House of Representatives
Washington, DC 20515

Dear Senator/ Representative _____,

Our organization strongly supports the passage of a bicycle-friendly ISTEA-2 bill. During House-Senate Conference Committee negotiations, we urge you to:

1) Protect funding for bicycle and pedestrian projects by rejecting the House language allowing state transportation agencies to transfer a portion of these funds to highway construction programs; 2) Support the inclusion of the former National Recreational Trails Fund as an ISTEA program with contract authority and dedicated funding of \$50 million a year. 3) Reject the anti-railbanking Brownback amendment in the Senate bill. 4) Adopt the Senate Rural Planning provision sponsored by Senator Levin, and 5) Adopt the House version of proposed amendments to section 217 of title 23, USC.

Riding a bike should be fun and safe. Communities prosper when they offer children and adults healthy and secure transportation options. Yet, traffic congestion and poor road designs are keeping millions from enjoying their bicycles. The items listed above will help to ensure ISTEA-2 expands mobility for all Americans, while continuing to create safe, affordable transportation choices determined by local citizens and local governments.

Sincerely,

(moab contin. from pg. 11)

contact falls out." And it worked! I could see everything! I was once again burning up the trail, although I had lost my buddy Twelve. Then it started happening. I was not really burning up the trail anymore — I was just kinda browning it. And pretty soon that browning turned into more of a slight warming until, I was now sure of it, yes, my battery was running out. They always did say it's better to burn out than to fade away, but this sure wasn't as cool as blowing up things on MTV. There I am in the middle of the desert, five miles from camp, missing a contact and with my light burnt out. Remember when I told you how dark it gets out in the desert? This is how I know.

However did I survive, you ask on the edge of your windtrainer? Well, like any good Boy Scout, you tell your rather dull friend from Michigan to pack an extra light "just in case." Fortunately, Roger was an Eagle

Scout and he supplied me with a little 10 watt headband camping light. While down, I was not out. Using the stars and moon (when not covered by clouds), my trusty headband light, and the occasional biker who passed me, I made my way back to the mother ship, only endoing once, I might add, rather proudly. It really wasn't so bad - kind of like floating drunk in a dark pool of water. Turns out that was the fastest night lap for the whole team. Go figure. Thanks Twelve.

Things started to get a little strange after that. A rather cute Schwinn rep offered to lube my chain with her companies finest, bonfires were built, the music turned to punk, rap and classical, and all the volunteers proceeded to tie one on. Reality was definitely on break until morning. And with morning came sanity in the form of the end of the race at 12

noon. The weather cleared up (of course) and Roger asked me if I wanted to go ride some more after the awards ceremony. I replied by handing him a cold one, hoping to dissuade him from seeing his bike, let alone ride it.

Next BRB....What the Heck is cyclocross?

".....So once again, I'm packing my bags and jumping on a plane bound for Denver, Co. Only this time armed with a few articles about a sport called cyclocross...."

"Every damn thing is your own fault, if you're any good..." Ernest Hemingway



Please remember to recycle...it's a part of bicycling!

Your Help Is Needed In The Himalaya's

Fellow MMBA Members:

Back in 1993, I had the pleasure of traveling to Kathmandu, Nepal in the foothills of the Himalayan Mountains to do some mountain biking. Experiencing the beautiful country and the friendliness of its people changed my life. One Nepali man in particular, named Sonam Gurung, had a profound effect on the way I view mountain biking and is part of the reason I am so committed to the sport today.

Sonam had a great vision for the sport of mountain biking in his country, and, how it might have a positive effect on Nepali youth. He dreamed about being able to organize a team to send to the Olympics (he was an Olympian himself, participating in the sport of Judo during the 1984 Summer Games).

To make a long story short, Sonam has now started the Nepal Mountain Biking Association in order to promote this sport in his country. Although Sonam has a group of young Nepali mountain bikers who are very "into" the sport, it is hard for them to participate due to the high costs involved. In Nepal, the cost of a mountain bike tire could easily account for a large portion of an annual wage. Thus, you can see that they can use all the help they can get with regard to obtaining parts.

What I am asking MMBA members to do, is to donate any old mountain bike parts that they feel they can spare to the Nepal Mountain Biking Association. Any parts that "wear out" such as tires, chains, rings, etcetera are especially needed. Parts that seem essentially worthless to you can be very valuable to them.

I am working on this project with the Two Wheel Tango bike shop in Ann Arbor. The shop owner, Dennis, is also a friend of Sonam. Once we collect enough parts, we will be making regular sea mail shipments to Nepal.

Parts can be donated in the following ways:

- Sent, with attention to me, at 8050 Huron Street, #2, Dexter, MI 48130.
- Dropped off at Two Wheel Tango, 3162 Packard Road, Ann Arbor, MI 48108 (tel. 734-528-3030).
- Given to me at any MMBA Point Series Race. You may drop the parts off at the MMBA booth, where I will pick them up.

Your assistance is greatly appreciated by both myself, and, the Nepal Mountain Biking Association. Just think, your old tires could help send a kid to the Olympics someday.

Sincerely,

Jason Aric Jones

President Michigan Mountain Biking Association

WHY BUY and/or SERVICE YOUR BIKE AT YOUR LOCAL BIKE SHOPS?

We sell high quality bicycles in a wide range of models, prices and styles.

We'll ensure that the bike you purchase will fit properly.

We professionally assemble and inspect every bike before you take it home.

We provide service after the sale- from repairs to tune-ups to warranty issues.

We can provide an inspection during your bike's break-in period.

Our knowledgeable and experienced staff can help you purchase the right bike for your intended use.

We offer a complete line of accessories and safety gear to fit your needs, no matter how exotic.

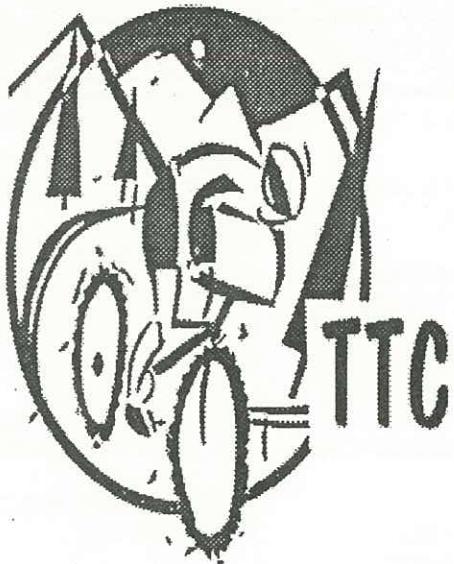
If we don't have the part you're looking for, we'll find it for you!

We'll give you professional advice on the performance compatibility of all our products.

We can offer information on trails, bike routes and area clubs.

We ride what we sell so we really do know the products inside and out.

Add 10 points to your over-all cool-mountain biker score if you go to an MMBA Member shop!



Triple Trail Challenge!

**Sunday, June 21, 10:00am

Place: Silver Lake Parking Lot,
Pinckney Recreation Area
Pinckney, MI (The Poto)

*Cost:

\$5 (To cover DNR-required Insurance)

*Michigan Mountain Biking

Association Members (MMBA) FREE!

It's that time again. Time for the Poto Chapter's Annual Triple Trail Challenge! The TTC is a 40 mile fun ride that includes the Poto, the Lakelands Rail Trail and the very cool Pinckney-Waterloo Trail. The Pinckney-Waterloo is only open to Mountain Bikes this one day out of the year!! No pre-registration-just show up. We'll be securing grill space and/or ordering pizzas afterwards.

For More Info:

Check the Poto Chapter Section of
www.mmba.org., or call Al at 734-475-9546.

**RAIN DATE:

If it is raining on June 21st, well move the event to June 28th. Call the number above the morning of the event if the weather is questionable.

FunDays

Come join the Mid-State chapter for fun & frolic at the

3rd Annual FunDays,
Sunday, August 9, 1998
at Heritage Park -
Adrian, Michigan.

Fun for kids and adults
Bring your bikes and
race in the balloon race,
slow race, egg & spoon
& more!!!!



For more information contact:
Lisa Lazaroff (517) 782-9093
LOONSONG@VOYAGER.NET

10% MEMBER BUSINESS CLUB

AS AN MMBA MEMBER YOU RECEIVED A LIST OF THE 10% MEMBERS WHEN YOU JOINED AND/OR WILL RENEW MEMBERSHIP THIS YEAR. IF YOUR SHOP/ MANUFACTURER WOULD LIKE TO BECOME AN MMBA 10% MEMBER IN ADDITION TO BEING A PROUD SHOP/MANUFACTURER MEMBER OF THE MMBA JUST CALL 616-785-0120 FOR MORE INFORMATION.

AREMINDER TO ALL MMBA MEMBERS: ALL THE SHOPS/MANUFACTURERS ON PAGE 16 ARE SPECIAL. THEY SUPPORT YOUR EFFORTS ON THE TRAIL AND IN THE MMBA POINTS SERIES. THEY DESERVE YOUR PATRONAGE!!!!!!

MMBA SHOP AND MANUFACTURER MEMBERS

IS YOUR SHOP HERE? THE SHOPS LISTED HERE CARE ABOUT WHERE YOU RIDE. DOES YOUR SHOP?



THANKS FOR YOUR SUPPORT!

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MOUNTAIN MAN SKI SHOP ** TOLEDO, OH (419)536-0001

OAKLAND COUNTY PARKS WATERFORD, MI (248)858-0916

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OWASIPPE SCOUT RESERVATION TWIN LAKE, MI (616)894-4061

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THANK YOU VERY MUCH!

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List Current as of 5-98

Thank you for your support!

**See 10% MMBA Shops on next page -
MMBA members get 10% off, but all of
the shops listed make mountain biking
happen in Michigan. Some shops not
listed in the 10% club may have alternate
opportunities for MMBA members.
Check with your MMBA shop today!



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Flint, MI 48507
(810) 694-2811 • Fax (810) 694-9708

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Cycling Centers

 Matt Assemacher
East Side, Flint MI 810.743.8870
Hill Rd. Flint, MI 810.232.2994
Swartz Creek, MI 810.635.7844

Dan's
Bike Lock

Ionia Michigan
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NORTH KENT SCHWINN
cycling and fitness
BILL JACKSON
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GRAND RAPIDS, MI 49505
PHONE: 616-363-0705

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181 Saxonburg Rd.
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(not 10% off - But a free issue see ad in this magazine)


SPEED MERCHANTS
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Rockford, MI

616-866-2226


_MOUNTAIN MAN
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DENNIS
CYCLING AND FITNESS

East Grand River, East Lansing
517-351-2000
West Saginaw, Lansing
517-321-6700


Central Park BICYCLES
Central Park Drive, Okemos
349-8880

TOM NELL

BICYCLES LTD.

Waterford, MI (810) 682-5456

Attention all MMBA 10% Club bike shop participants please send me an updated business card size ad for inclusion in the next issue of the BRB. New ad submission deadline: July 15, 1998. Please don't delay!

Special thanks to ABC Printing 3001 E. Highland Dr. Highland MI 48356 Phone: 248-887-0010

Trek and Chicago Area Bike Dealers Association (CABDA) - 708-798-2004

THANKS FOR HELPING MAKE THIS YEARS' 1998 MMBA ANNUAL MEETING THE BEST EVER!

MMBA To Begin

Kids' Program

by Jason Aric Jones

Mountain Kids

Holds Inaugural Event

On Saturday May 30th, the MMBA held its first Mountain Kids event, with resounding success! The event was held on the "kid friendly" trails of Maybury State Recreation Area in Northville, a Detroit Metro Area suburb. The event was a joint effort with the Boys and Girls Club of Northwest Detroit (B&G Club). The B&G Club supplied

10 extremely well-mannered 8 to 12 year olds, and, one very skilled program leader, Paul Lagrou. The MMBA supplied the bikes, helmets, food, schwag, and some very committed volunteers. Great Lakes Cycle and Fitness, of Ann Arbor, provided (some much needed) tech support.

The event started out with a quick "get to know each other session" where the kids revealed their names and favorite sports. It was not surprising that mountain biking was not mentioned here, as none of the kids had ever been

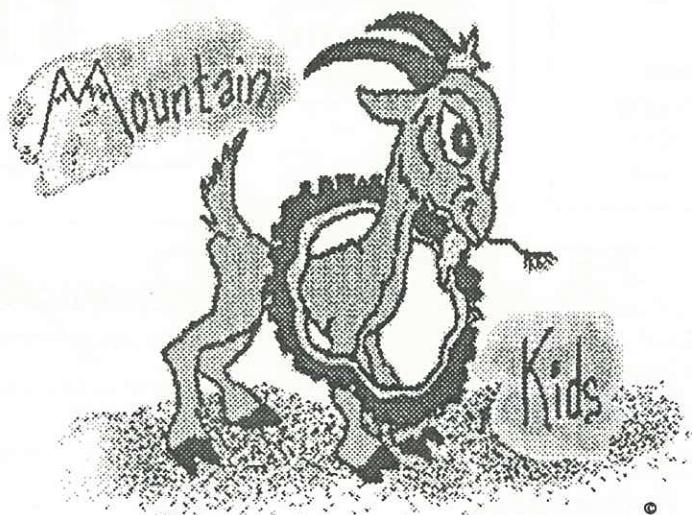
mountain biking before. This was followed by a bike 'n helmet fit, which was quickly and expertly pulled off by Great Lakes. The kids then got a comprehensive lesson in mountain biking skills such as braking, turning, and riding over obstacles, during a well crafted lesson compiled by Paul. Then, it was off to the trail.

Once the group hit the trail, the kids were overcome with excitement due to the sensory overload provided by such things as "huge" downhills, scampering deer, and learning how to identify Poison Ivy (or was the excitement due to the trick bike handling of our MMBA volunteer ride leader, Joe "the goat" Yannie?) Anyhow, the kids then wound down from the ride by pounding 5 extra large pizzas and numerous Clif Bars, followed by juice box chasers.

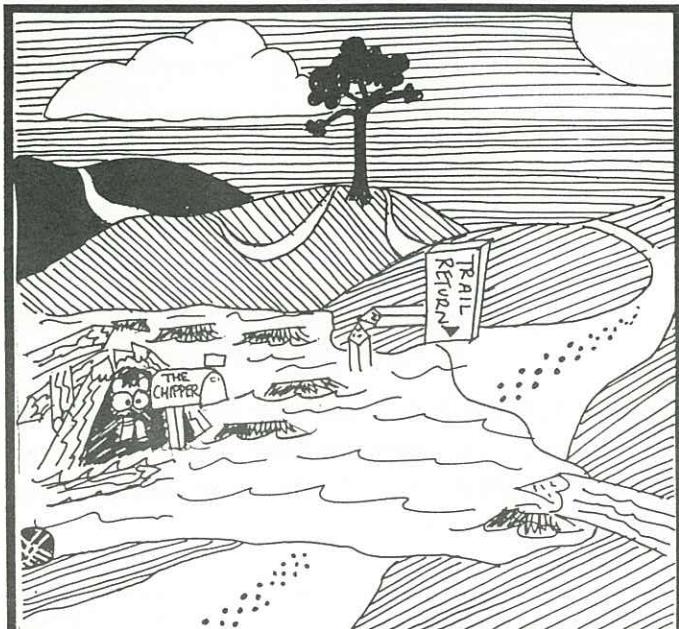
Each kid got a souvenir water bottle, courtesy of Armadillo Mountain Bike Gear, as a memento; along with some Wild Willy cartoons, courtesy of IMBA, to indoctrinate them regarding the Rules of the Trail. Did the kids have fun? Was the program successful? Judging by the fact that the new "favorite sport" at the end of the kid's ride was overwhelmingly stated by the kids to be mountain biking, I'd say so.

Special thanks to all sponsors and volunteers including REI, Inc., Specialized, Clif Bar, Great Lakes Cycle and Fitness (Jill and Yaro), Armadillo Mountain Bike Gear, IMBA, several anonymous financial supporters, Paul Lagrou, Joe Yannie, Bud Pell, Steve Kinley, and Ron Cooper. You made it work.

Look for the next Mountain Kids event to happen soon.



BEAVER TALES



Riding From The Inside Out

By Terry Ritter
Human Nutrition/
Advanced Metabolism

Hi,

I am going to take a few minutes of your time to ask a favor.

Darin, my son, was 28 years old, an avid mountain biker, and a gifted person and athlete.

He passed away recently from a bit of food. We, as a family are trying to make his condition known to more people who suffer from any type of food allergies. Darin was keenly aware of his reaction to any peanut derivatives. He never had a major reaction to his allergy due to his being able to smell the minutest, faintest trace of peanuts.

He also had a very mild asthmatic condition. In a long ride or work out he would have to take his breather of preventile.

One night he went out for dinner, took a single bite of a chicken fajitas and a "special sauce". The sauce contained peanuts. He spit it out immediately, but within the hour passed away at a local hospital.

We have since found that any food allergy in combination with an asthmatic condition, in 85% of the cases will result in anaphylactic shock and result in death.

As there are many people are in your organization I would like to see some follow up article to alert more people to the danger of bee stings, shell fish, peanut allergies and the like combination with asthmatic conditions. I know

from talking to many people they are unaware of the seriousness of the consequences.

We are presently working through Representative Clyde Letart (Jackson area) with the state legislature to help restaurants be more aware with what goes into foods they serve. Darin's menu item gave no clue to the contents. He got medical attention within minutes and still passed away.

...As an active biker and as an organization made up of many young people I would hope we could get people to be more alert to this dangerous situation.

...If you have a newsletter and it could help one person it would be well worth the effort. Darin would have loved the opportunity to help any person and family with this information.

Terry O'Connell,
father

Earlier this year a father sent this letter to the MMBA. What Darin suffered from is a condition known as a food allergy. Basically, his body had an immune response to something as benign as a food substance, likely a food ingredient that would have little or no effect on nearly all the population which consumed it. His system caused a response known in the medical circles as "anaphylaxis" or "anaphylactic shock".

This is a rare, but dangerous, systemic, or total body, reaction that can occur with as little as one bite of the offending ingredient, as was the case with Darin. One of

its most pronounced characteristics is difficulty breathing due to swelling (edema) of the throat and bronchi, the tubes that air pass through in our lungs. This type of shock can often be fatal if medical attention is not immediately given. Anaphylactic reactions likely account for 50 deaths a year in the United States. Darin was an asthmatic which put him especially at risk for acute breathing difficulties.

In biological terms an allergy is a reaction to a particle that the body "believes" is harmful and mounts an immune attack against. It is the same action that allows us to fight off illnesses like colds, become vaccinated against disease, and have future resistance to organisms that we come in contact with during sickness. The physiological pattern is as follows. Initially, a particle comes in contact with a cell in the immune system that causes an antibody to be formed against it. Typically the first encounter that results in this antibody formation has little side affects.

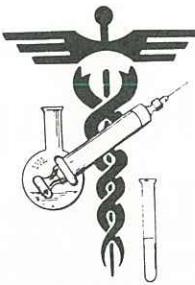
Once these antibodies are created they circulate in the blood stream. Some of these antibodies attach themselves to something called Mast cells, which are found throughout the body, but especially in tissues known for allergic responses (nose, throat, lungs, skin, and the intestinal tract). Mast cells contain a natural protein called histamine that is responsible for such things as runny nose, swollen throat, and watery eyes that accompany many illnesses. Histamine is powerful stuff, and the average person has enough stored in these Mast cells to kill themselves 2 and a half times over. Most have heard of antihistamines which work to

(inside/out cont. on pg. 21)



Ask Dr. C

He's A Real Doctor



Dear Dr. C,

When I go on long rides often my hands or fingers get numb, even though I try to change hand positions as much as possible. Any suggestions?

Lori in Berkley

Dear Lori in Berkley,

I assume you are a female. If my assumption is correct, you may not fit your bicycle. Unfortunately most cycles are designed by and for only one-half of our population - males. Due to anatomical differences between men and women (it's true), top tubes should be shorter for women than for men. They aren't. Most women have to reach farther forward to the handlebars, hence putting more pressure on the palms and wrists. In some people, this compresses the nerves leading to numbness and tingling. In your case, if the numbness and tingling goes away after riding, you shouldn't worry very much. Start to worry if the symptoms persist this can be a sign of nerve damage. Numbness and tingling in of itself implies nerve compression but not necessarily damage. There are many possible solutions: You may need a shorter stem. You can cheat a little by sliding your seat forward, but this may cause other

problems. Another way which to deal with the problem is to wear cycling gloves with shock absorption, such as Sorbothane. Bar ends on mountain bike bars and aero bars for road bikes offer the opportunity to change hand positions. Lastly, a suspended front fork or stem may help, but this can be quite expensive.

Dear Dr. C,

In late February, one of my riders snapped his elbow in half on a ride and has 9 screws, 2 pins, a plate and a bunch of wire holding it all together in some sort of crazy mechanized cast thing (of course he was treated by medical professionals). Can you give me a reasonable estimate of how long his comeback will take considering he's already on a trainer a couple of times a week, and plans to race the Leadville 100 August 8.

Doni Fall, Manager, Team Armadillo/Cycleworks

Dear Doni,

Your rider has two issues to deal with. First, he was riding, fell off his bike and it sounds as though he pulverized his elbow. He is already chomping at the bit and wants to ride the

Leadville 100 in August. A psychiatric consultation may be in order. Oh, I forgot. He is a mountain bike rider...never mind! Seriously, sometimes athletes have to accept that there may be real dangers in pushing too hard after a serious injury. Foolhardy behavior during healing may lead to permanent limitations.

Secondly, it is difficult for me to offer you concrete advice regarding your rider's comeback schedule. Typically a fracture will heal in four to six weeks, but this does not sound to be a typical fracture. Fractures through joints can be quite slow to heal and I would strongly advise your rider to speak with his orthopedic surgeon regarding his limitations and the inherent strength of his elbow. Assuming that he is out of his brace by late May/early June, I would recommend a strengthening program with light weights and high reps two to three days per week beginning in June. Most likely he will be able to ride aggressively by the Fourth of July.

Dr. Chodoroff is a medical doctor who specializes in Physical Medical Rehabilitation. He has a keen interest in cycling dating back to wool shorts with real chamois and nailed on cleats. (He emphasizes that he was quite young then!)

counter the effects of histamine, decreasing the symptoms of colds and other sickness. The antibodies on Mast cells are waiting to come in contact with their perceived intruder, causing the release of histamine. The symptoms that a person has during an allergic response relate to the area in which these Mast cells are located. If they are in the throat, itching, and swelling occur.

People with Mast cell /antibody combinations in the skin get a type of eczema. If the complex is in the gastrointestinal tract they get gastric distress like diarrhea and stomach cramps. Anaphylaxis is so dangerous because Mast cell released histamine causes asthma, hives, drop in blood pressure, and loss of consciousness.

Food allergens are often proteins within the food that were not broken by cooking, gastric juices, or digestive enzymes. These cross the intestinal lining and enter the blood stream where they head to the target organs that contain the Mast cells. If a person is allergic to a particular food, they may first feel itching in their mouth as they eat the food. After digestion in the stomach, vomiting, diarrhea or pain may start. Once in the bloodstream they can cause the blood pressure to drop. Reaching the skin, one may see a skin reaction like hives.

So, what foods most commonly cause food allergies? In adults, these foods include: shellfish such as shrimp, crayfish, lobster, and crab; peanuts, which is one of the chief foods to cause anaphylactic shock and that contained the offending agent that took Darin's life; tree nuts, such as walnuts; fish; and egg. In children, you most often see reactions

to egg, meat, and peanuts. Culture affects the reactions that are most often seen in an area. Many more allergies to rice are recognized in Japan, for example, due to that food being a staple in their diet compared to the population of the United States. It is also likely to find cross-reactivity in someone who has a food allergy. For example, if one were allergic to shrimp, testing would probably show some reaction to crab, lobster and crayfish as well.

..As an active biker and as an organization made up of many young people I would hope we could get people to be more alert to this dangerous situation.

Food allergies should not be confused with something called "food intolerance". This is a different condition in which the body reacts negatively, but not via the immune system, to a natural or added substance in a food. The most common and well known example would be lactose intolerance. This is caused by the decrease production of an enzyme in the digestive tract called lactose which degrades the abundant dairy sugar lactose. Without digestion, this sugar makes its way to the colon where bacterial fermentation causes gas, bloating, and severe cramps. This condition affects one out of ten individuals and is more common with increased age. Other examples are the food dye Yellow #5, the flavor enhancer MSG (monosodium glutamate), and Sulfites. Yellow #5 can, in rare situations, cause

hives. MSG, in large amounts of food containing it, can precipitate flushing, headache, facial pressure as well as chest pains and other symptoms. Sulfites, which occur naturally or can be added to foods, give off sulfur dioxide, which can cause constriction of the airways in asthmatics.

Most people who have food allergies are aware of their condition. Some, like Darin, took precautions but failed to fully understand how other health issues could affect them. If you have a food allergy and suffer from any type of asthma, exercise induced or not, take the necessary precautions, to know what is in the foods you eat and help make the death of Darin help save someone.



The International
Mountain Biking
Association's
(IMBA) *Trail Care Crew*
is returning to Michigan
again this year (August).

See page 32 for more
information or contact
the MMBA office at:
616-785-0120

RIDING BOTH SIDES OF THE FENCE

RIDING BOTH SIDES OF THE FENCE

There is an old saying that you can not see the woods because of the forest. You see the whole, but miss out on the individual items that add up to the whole. You can either look at the woods or look into the woods.

It is better to look into the woods as you can discover the variety of flora and fauna that make up the environment of Pontiac Lake Recreation Area. A lot of the plants and animals found here are dependent on soil types, acidity of the soil, the plants growing there and the decomposition of them to maintain a type of soil, the amount of sunlight available to the surface, the type of reproduction and seed dispersal, the type of insects available to pollinate, the type of area drainage or lack of it and so on. Looking into the woods in today's article we will talk about glaciation, the Tamarack Bog and turkey vultures.

The park was shaped by glaciation and is full of the glacial moraines (hills) that make for the challenging trail systems that a wide variety of trail users enjoy. The glaciers moved down from Canada and bulldozed the Canadian soil, rocks and gravel into Michigan. This was allowed to happen, as this was before we had governments and customs' offices at the border. Ha, try and get a permit to do that today! Lakes, rivers, and ponds were formed from these glacial activities.

As the glaciers retreated and the tundra moved with it, the forests advanced. In the low, wet areas, under the proper environmental conditions such as acidity, the Tamarack Bog was formed at the Pontiac Lake Recreation Area. There is usually a lot of sphagnum moss, ferns, orchids, pitcher plants, wintergreen and other

plants found in the bog. The Tamarack tree itself, from a distance, looks like a regular pine, but it acts differently because in the fall the needles turn yellow and drop off. It looks like a dead pine forest during the winter. Next Spring, new needles appear and it starts over again. The bark contains tannin and was valued by the Native Peoples of this land for its medicinal properties. The strong fibrous roots were used to weave bags and to sew up the birch bark canoes. Its seeds are eaten by many birds.

Speaking of birds, the turkey vulture or buzzard is common to our area. It has a short naked neck covered with red wrinkled skin. Talk about ugly! It can soar for hours, hanging over updrafts. With a wing spread of up to six feet, it can circle motionless for hours. They have good vision and from great heights can detect dead animals as small as rabbits to feed upon the rotting carcasses. They make no nests, but will lay two or three eggs on a brush pile, on rocks, and old stump, or hollow log. They disgorge the rotten flesh they eat to feed their ugly young. (It's things like this that show the advantages of being a mammal.) They are easy to tell apart from hawks as you can see the feathers on the wingtips - they look like fingers, where hawks have smooth wing tips.

If you see vultures following you on the trails, it is probably because they spotted you not wearing a helmet, or you are not pedaling fast enough.

Hence, they consider you a future meal or already as good as dead without a helmet.

Ranger Pet Peeves (and the MMBA's & Equestrian's): Early this spring, some equestrians were out working on trails and found two mountain bikers (at least they had bikes...whether they were really mountain bikers is not known....), ages (approx) 18 and 22, pulling out the mountain bike trail signs and tossing them into the bushes. They refused to ID themselves and left in a hurry when caught. The equestrians replaced the signs. And, just recently, the opposite happened where bikers came across an equestrian pulling signs.

Also please note: equestrians would like the bikers, when approaching a group on horses, to say something so the horses associate this approaching "thing" (man/woman and bike) as human and not as a predator.

Above all, enjoy the glacial and trail-user diversity that makes Michigan trails some of the best in the world.



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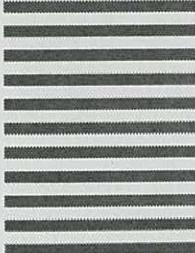
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A MOUNTAIN BIKING RESPONSIBILITY REMINDER

The growth and continuation of mountain biking depends upon the bikers. All bikers have a responsibility to be courteous to other trail users and to minimize impact to natural resources. Cooperation from all bikers is needed to retain present and to achieve future riding areas.

RESPECT OTHER TRAIL USERS -

Always yield. Make your presence known well in advance. Give a friendly greeting. Show your respect when passing others by stopping or slowing to walking speed. Anticipate that other trail users may be around the next corner or in a blind spot. Excessive speed frightens other trail users. Never pass other users at a speed faster than walking speed.

AVOID IMPACTING THE TRAIL -

Bikers should be conscious of their trail impact. Minimize trail erosion by riding in dry conditions, keeping to the center of the trail and carrying your bike over obstacles. Avoid riding on the sides of the trail, this causes the trail to become wider. Avoid short cutting and riding around obstacles, this creates a new trail section. Avoid riding trail sections that are wet and muddy, this causes massive amounts of erosion.

The future of mountain biking is dependent on the action of the bikers. Bikers should ride as if they were visitors of the trail. The trails were here before mountain bikes. The biker must avoid the perception of being a safety threat to other trail users. Exercise care when passing other trail users.

Letters and Stuff



To whom it may concern,

I am a mountain biker and use many of the trails that your organization takes care of. I am very happy that there are organizations like yours, that are there to create and take care of these wonderful trails. I would like to thank you for this. I would like to request information on current environmental issues that you are dealing with. I would also like to find out more about what your organization does. It is important to get out into the woods, thank you for making the trails.

Thank You,

Matt Khami

Frightened users will push for elimination of bikes from the trails. Ride in a manner that will minimize trail impact. Anti-bikers will point at trail erosion in efforts to eliminate bike access.

Please follow the MMBA responsibility code that is posted at trailheads and in this magazine. Contact the local MMBA Chapter to help maintain trails. **Help educate other riders to proper rider etiquette.** All bikers must act in a positive manner, it only takes a few bad bikers to ruin it for everyone.

YOU MIGHT BE A MOUNTAIN BIKER FROM MICHIGAN

- if you define winter as nine months of bad/good mountain biking (depending on in what kind of weather you like to ride)
- if the Big Mac is a bridge you drive across
- if you know what a pastie is
- if the word "thumb" brings to mind a geographical rather than anatomical definition or refers to a type of shifter on your mt. bike
- if you have ever experienced frostbite and sunburn in the same week of mountain biking
- if you know that Kalamazoo not only actually exists, but isn't too far from Hell...and neither are too far from great mountain biking
- if mountain biking from coast to coast means going from Port Huron to Muskegon
- if you point at the palm of your right hand when explaining to people where you find the best mountain biking trails

Michigan Mountain Biking Association Membership Totals by Chapter

May 1, 1998 (see web site for current totals)

CHAPTER	INDIVI.	PRO.	SUB-TOTAL
Holly	87	6	93
Mid-Michigan	104	6	110
Northeast	44	2	46
Northern	88	4	92
Pontiac Lake	231	3	234
Potawatomi	236	6	242
Southeast	282	8	290
Southwest	139	2	141
Western	259	15	274
	=====	==	=====
TOTAL	1470	52	1522

By Kim Boynton

Recently I told my boss that I had to leave work briefly to run to my chiropractor. He let me know (with a smirk) that the way to avoid that problem was to quit mountain biking. When I explained why I would be riding until I die, he asked me to put my words into writing.

Some people are lucky enough to be able to see things that are not obvious to everyone. It is probably debatable whether it is something that comes from the gene pool, is a product of environment or available to all - just not honed by all. I have lived a life of tunnel vision without ever knowing it. How much have I missed?

Two years ago I entered a world that I had no idea existed. For 37 years I had fallen for the common perception that there are four seasons. Then I began mountain biking. I've begun to believe that there are 365 seasons - one for each day. That first ride, with my son on his buddy's rigid bike, took place early, in a typical Michigan Fall. Unfortunately, between the somersault over the handle bar, the downhill bonk (who knew you weren't supposed to use the front brake?) and the screaming of my lungs, I did not notice the incredible wooded ravine we were traversing. Thankfully, the rush was enough to send me shopping for my own bike, so I could more thoroughly explore the nuances of mountain biking. I love every aspect of riding, but what I have really discovered is something I will take with me for life! The world is a mutable, evolving and intricate tapestry that screams out for us to take notice.

How can we number and name only four seasons? The changes along an often-traveled trail can be apparent daily - if

your eyes are open. Have you really noticed the kaleidoscope of colors? There are certainly thousands of shades - probably hundreds of greens alone! When light shoots through the dense trees in shafts have you ever considered the beams as stage lighting for the wildlife within? Have you ridden through those irritating silk strands across a trail without ever appreciating their numbers or the speed with which they are replaced? Do you marvel at the scent when violets are in bloom? Could man ever match the perfume of a meadow of flowers? Have you noticed pockets of cool on a hot summer's day and wondered where the air conditioner was?

On familiar trails, can you know the calendar's date by the look of a section? In spring (or season 119 if you count days as seasons) have you reached a hand out to feel the softness on the new growth-tips of a pine's boughs? Are you astonished by how nature reclaims its own with logs, stumps, leaves, plants and animals? No cemetery needed in nature - it truly is dust to dust for all things. Does riding into a sunset fill you with wonder as the trees take on hues cast from the sky? Have you stopped midway through a night ride - or while fellowshipping with friends following an evening ride - and observed the sparkling canopy overhead? Are the critter sounds becoming old friends? Do you know it must be close to your mom's birthday because the ferns are losing their edges to brown? Have you ridden through a wooded section when the trees were alive with migratory birds taking a break and all were singing at once? Do you remem-

ber the first time a white tailed deer, startled by your presence, made his soundless and effortless retreat before your eyes?

Who would have known there were as many types of soil as there are varieties of people - unless you had tried to maneuver through their different properties? Have you begun to recognize the warnings that tree critters send out to each other when you enter their space? Because the earth is so alive has your God become more alive to you? Have you been incensed by debris left along a trail? Can you predict the date by only using the insects you encounter? Do you catch yourself eyeing the edge of a wooded area along the highway wishing you could stop, mount your bike and explore? Do you remember ever thinking things like that before? Did you know that there really are flowering meadows that pop out of nowhere whose grass never needs cutting because it never seems to get long?

When the canopy above becomes a blanket of leaves under your wheel, have you absorbed the radiant hues? As the hues fade do you contemplate their decaying role in the rich soil you tread? Can you recall the gentle touch of an autumn goldenrod sweeping your arm as if to say, "stop and look around here a moment." Do you know the smells that mean the earth has just awakened or is preparing for a nap? Have you seen flowers whose color red or yellow or purple was so brilliant they created texture? Are snakes and moles and field mice now friends, not creepy crawlers? Do you know how some earth sucks at your tires and demands that you work twice as hard to get half as far? Have you wondered why -

(continued next pg.)

when it often looks just like more forgiving ground? Have you appreciated trenches - formed presumably by flowing water - that dipped and wove through trees so you could dip and weave too? Can you recall the last time you crossed a wide open stretch with a hot mid-summer sun beating over your head only to pop into the trees - momentarily blinded by their shade - to be swallowed in their refreshing coolness?

Have you stayed out there a bit too long only to be absorbed by night's quick fall and then melded in with it to become one of those night creatures? Did it scare you and exhilarate you at the same time? When animal tracks cross over your trail are you tempted to meander after them? Do you wonder sometimes if the

eyes of the forest watch you as you invade their territory? Do you feel welcomed or can you sense their eagerness for your departure? Could you ever doubt your God's hand in creation after becoming intimate friends with His/Her handiwork? Do the fields and forests call your name in winter too? Do you find yourself hiking, snowshoeing or cross country skiing through winter so you don't have to be without your nature "fix"?

Do you know that feeling of sleeping through something important and feeling guilty? For me, there is something now awake in me that previously slept in ignorance. It is now impossible for me to pass nature without seeing it. From tunnel vision to

IMAX VISION-what a gift!

Note:

Owasippee Boy Scout Camp Near Muskegon (Western Chapter of the MMBA) will be closed from Memorial Day to Labor Day and open again in the fall for riding until November 15.

Also: There is a trail-fee at Owasippee that must be paid at the trailhead. If you don't pay the trail-fee you are trespassing and it is illegal...so like, do you want to ride for a few bucks or mess with the law?

Advertisement Space in Bent Rim Bugle

	MMBA Member*	Non-MMBA Member
Full Page:	\$150.00 (7"x 9")	\$300.00
Half Page:	\$ 75.00 (5"x 9")	\$200.00
1/4 Page:	\$ 50.00 (3.5"x 5")	\$175.00
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The Bent Rim Bugle (BRB) publishes trail access information, MMBA Championship Points Series Information, general interest articles, official MMBA notices, pictures and/or artwork provided by MMBA members, MMBA Chapter Presidents, MMBA Officers, interested mountain bikers and/or public land managers. The BRB is published 4 times a year (roughly spring/summer/fall/winter) It is mailed to all MMBA members (over 1,500) and to land managers, park and recreation personnel, and interested officials, bike industry officials and others, totalling approximately 2,200 copies for distribution. It is also available for general sale at \$2.00 per copy.

Basic bike shop/manufacturer membership is the MMBA is \$110.00. In addition to receiving reduced ad rates in the BRB, as an MMBA member shop or manufacturer you will be listed in each of the 4 issues of the BRB. All new members receive a list of member shops and manufacturers, and the list is also posted at selected MMBA events and the MMBA annual meeting. As a business/industry member of the MMBA you will receive a window decal, and have the personal satisfaction of knowing that you have done something to help keep your customers out on the trail. For more information call: 616-785-0120. **CAMERA READY PRICES ONLY!!!!**

THE **CLASSIFIED** SECTION

For Sale: 1997 Gary Fisher Joshua X-1 full suspension mountain bike. Bought new Sept. 97 rode less than 30 miles. Like new complete with cycle computer. Paid \$1030 new. Asking \$850 or best offer. Reason for selling won Trek Y-11 from MMBA. Contact Bob at 810-239-2398 or e-mail carvo@tir.com.

Want to Rent:

Looking for a room to rent in the Waterford/Pontiac Lake area, Divorced, male 43 years old, Non-Smoker, Mountain Bike Racer, Phone Nick: 517-337-1065/810-220-2506.

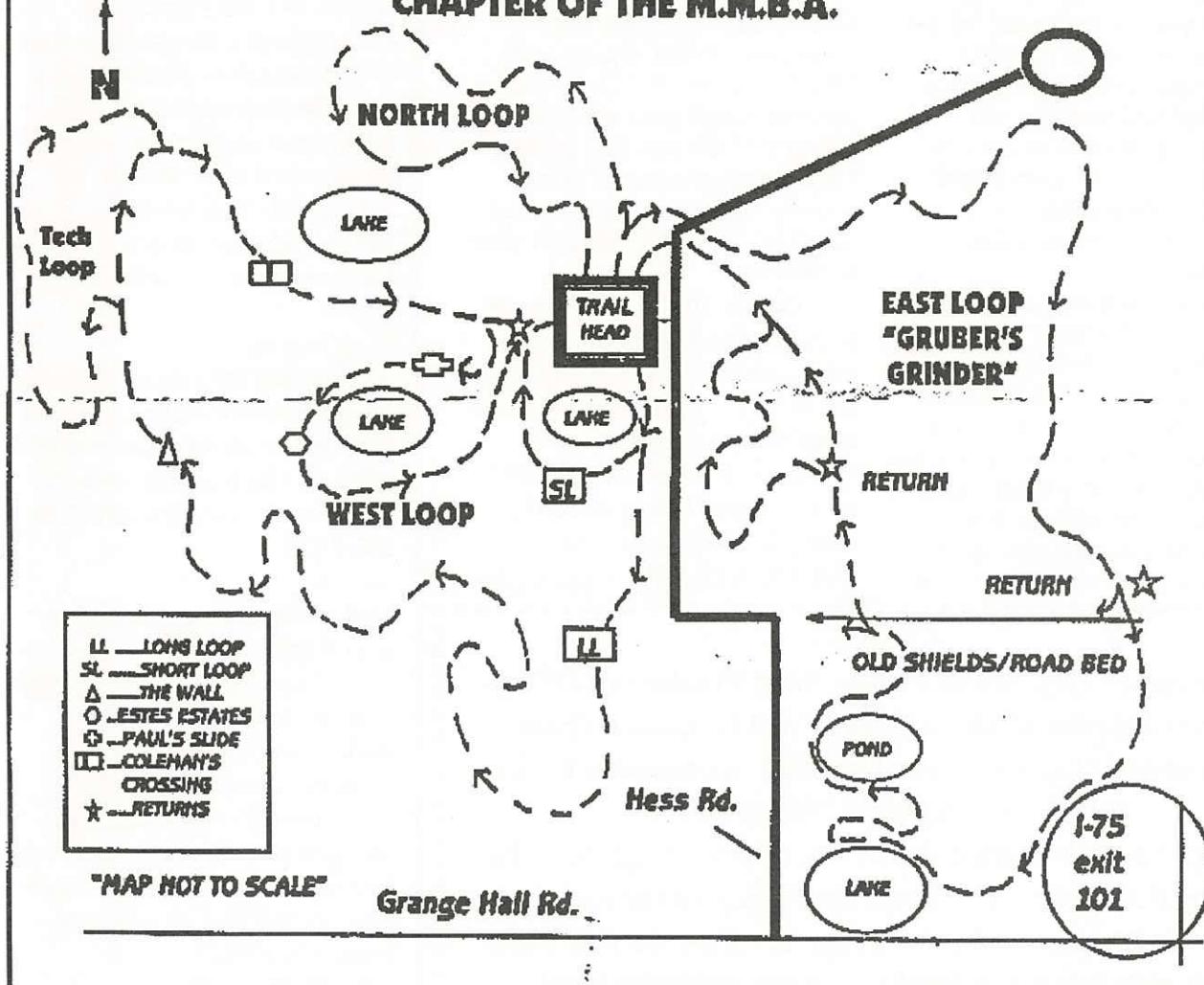
And you're doing what with your future....?

Village Bike Shop is seeking a motivated person to operate, manage and direct store operations, personnel. Competitive salary benefits based on experience and performance. Mail or fax a resume to Dale Phelps, Village Bike Shop 450-A, Baldwin St. Jenison Mi 49428
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HOLDRIDGE LAKES MT. BIKE TRAIL

*DESIGNED AND CONSTRUCTED BY THE HOLLY/FLINT CHAPTER OF THE M.M.B.A.



OUT OF THE DUST

Where/Contacts:
Holdridge Lakes
Randy Estes: 248.634.5820
Paul Gruber: 248.623.0954
Holly Recreation Area:
248-634-9751

How to get To Holdridge Lakes: Take 1-75 to exit 101,

take Grange Hall Rd., west 1/4 mile to Hess Rd., turn north on Hess Rd., to trail-head.

Easy, Moderate, & Advanced.

The Holdridge Lakes mountain bike area has 4 loops: a 3/4 mile Easy loop; the west short loop (or Turtle Trail) great for kids or a quick warm-up, a 2 1/4 mile Easy loop; The North Loop, which winds through fields and hardwoods, a 6 mile Moderate Loop; the West Long Loop, traveling through wetlands, over water crossings and through hardwoods (includes a 1 mile Tech

Loop and the new 15-18 mile Advanced Loop; the East Loop, or "Gruber's Grinder". Plan on a 3+ hour ride, the Grinder includes log jumps, off-camber climbs and miles of single track.

BE PREPARED AND DO NOT TRESPASS ON PRIVATE PROPERTY! Two returns have been included to shorten the trail for those who need a way out.

*With the direction of the Michigan DNR Park & Rec Division.

"Prohibition makes you want to cry in your beer, and then denies you the beer to cry into." —Don Marquis

Stuff You Need To Know...

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MMBA President:

Jason Aric Jones (313) 426-7581

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Dave Lakatos: (248)547-0490

MEMBERSHIP: Robin Scurr (248) 363-6089

COMPUTERS: <http://www.mmba.org>

gommba@aol.com

Mid-MI/Gen., State-Wide Trail Info:

Dennis Hansen (517) 349-4683

WHAT THE MMBA NEEDS TO SERVE YOU BETTER:

Your help at the Chapter level. Call your
chapter president today and you can help
make mountain biking better for you and
everyone tomorrow!

BENT RIM BUGLE

*Next Bent Rim Bugle (BRB) Deadline is July 15 (July/Aug. Issue)

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- Ad space will soon be available for the MMBA web site
contact web master at the mmba web-site: www.mmba.org

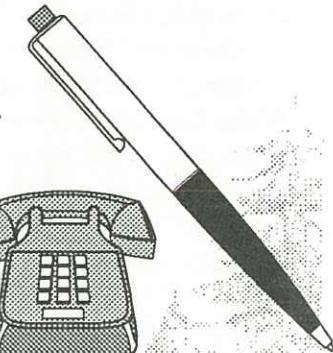
• Write your representatives:

Governor John Engler
P.O. Box 30013, Lansing Mi 48909
517.335.7858 to comment on issues.

U.S. Senator Carl Levin

459 Russell
Senate Office Building,
Washington DC 20515
202.224.6221

U.S. Spencer Abraham
110 Michigan Ave. NW Suite 716
Grand Rapids, MI 49503
616.456.2592



Achievements/Foundational History of the MMBA

- *The MMBA was a guest presenter/speaker at the recent IMBA Leadership Summit in Tennessee (98)
- *MMBA Executive Director recently nominated to the Mountain Biking Hall Of Fame (98)
- *Recent recipient of one of the Mt. Biking Hero awards given by IMBA (Sept. 97)
- *One of two recipients of a Subaru Trails Automobile (97)
- *Model Program Award (93)
- *MMBA Speaker Represented at IMBA's National Mountain Bike Advocacy Summit in Arizona (95)
- *Recently MMBA invited to participate in the IMBA Nat. Rec. & Access Summit (Nov. 97)
- *MMBA has received numerous recognitions in National Publications as being a leading advocacy group (1990-97)
- *Involved in Mountain Biking advocacy since 1989 (Executive Director since 1987)



July
10 & 11 - 1998

August
7 & 8 - 1998

Mt. Holly

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Mt. Holly and Piranha

Productions invites everyone to come out and thrash down and around Mt. Holly.

Come out Friday evening and practice on the most Gnarly, White-Knuckle, G-Force course in the state of Michigan. Where speeds could exceed 50 m.p.h.!!!!

Also, on Friday night, party to some of your favorite music performed live, with plenty of munchies at Mt. Holly cafeteria.

Preregistration/fun rides Friday night.

Saturday:

Down Hill

Dual Slalom

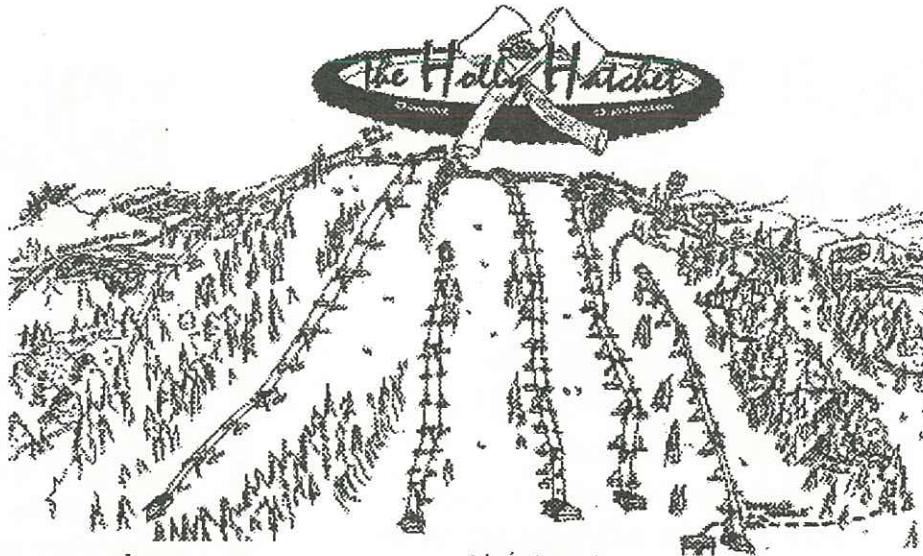
Straight-up Hill Climb

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Piranha productions
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More info: 248-623-6754

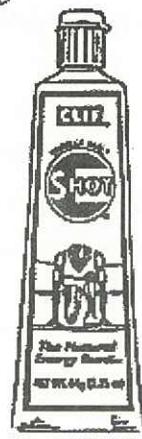


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Today's Date: _____

Team/Club name _____



Racing Age (as of 12-31-1998) _____ M _____ F _____

Name: (last) _____ (first) _____ (m.i.) _____

Address: _____

City: _____

State: _____ Zip: _____

Home Telephone# _____

Notify in case of emergency: _____

Emergency phone number: _____

Please Circle The Appropriate Race (s)

Downhill/1:00pm	Dual Slalom/2:00pm
Expert Sport Beginner Women	Expert Sport Beginner Women

<u>Events</u>	<u>Pre-Entry*</u>	<u>Day-Of</u>
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Downhill	\$15.00	\$20.00
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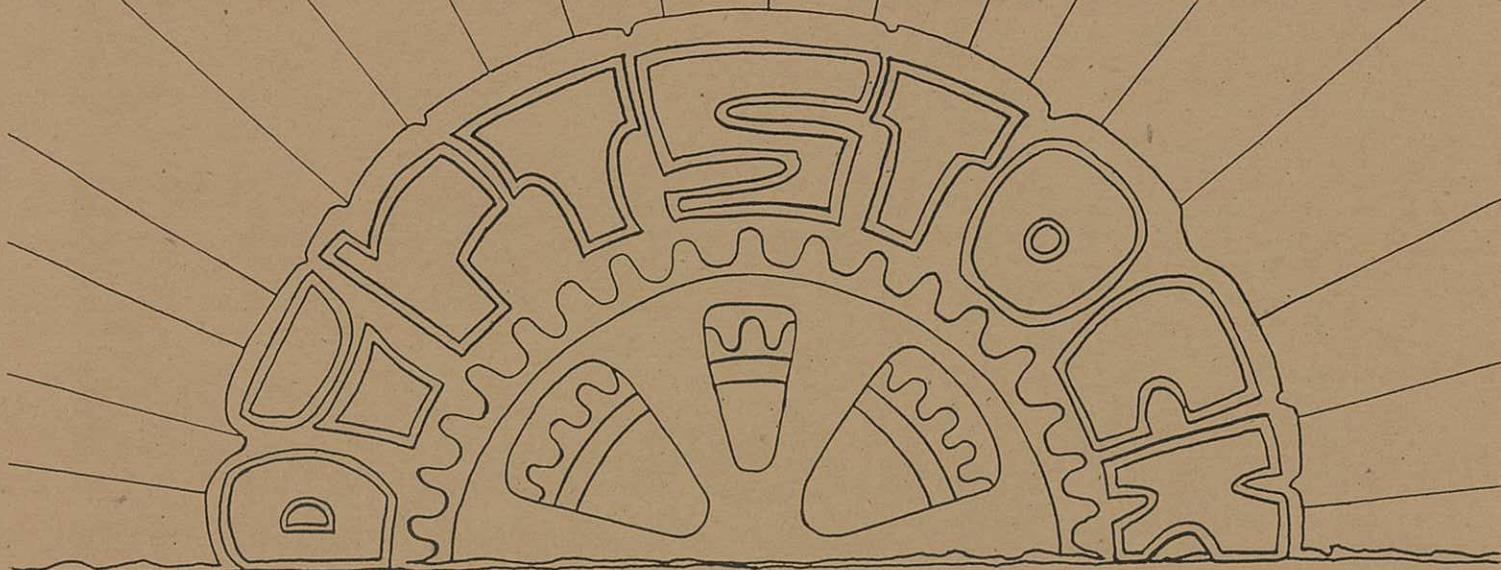
Hill Climb	\$10.00	\$15.00
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Dual Slalom	\$20.00	\$25.00
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*Absolute Deadline for preregistration-
Postmark Monday before event.



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20/20/20

**\$20 MMBA/\$20 IMBA
20 Hours trail work**

IMBA reports sixty top U.S. mountain bike advocates from more than 30 states gathered May 15-17 in Harrogate, Tennessee, at the inaugural IMBA Leadership Summit. The event was designed to improve communication and advocacy effectiveness among IMBA's staff, state representatives and other key leaders.

The weekend gathering, which was held at Lincoln Memorial University near Cumberland Gap National Historic Park, included sessions on effective advocacy techniques, IMBA's network, key political and access issues, and plans for the future. In attendance were 26 of IMBA's 33 state representatives—many of them newly designated.

Among the many highlights of the weekend were two group rides on singletrack trails managed by the National Park Service at the adjacent Cumberland Gap National Historic Park. Also, IMBA Trails Resource Director, Kurt Loheit and IMBA Trail Care Crew II leaders, Ric Balfour and Holly Hill, led two trail assessment demonstrations to showcase current trends and techniques.

of trail design, construction and repair. IMBA president, Ashley Korenblat, delivered Summit opening remarks Friday evening and IMBA board member, Jim Hasenauer, presented the keynote conference speech on Saturday.

The event, which was sponsored by IMBA, concluded Sunday afternoon with a round table discussions and goal-setting. Here are some of the goals that were identified:

1. IMBA state reps should feel connected to and appreciated by IMBA staff and other state reps.

2. An IMBA state rep newsletter or other communication device will be created by Summer '98.

3. Each state representative will produce a quarterly one-page update that tracks:

- a) Significant trail closures in their state
- b) Significant threats to mountain bike access (legislative, political, social)
- c) Trail openings/reopenings
- d) Volunteer trends
- e) Media highlights

4. IMBA will strive to designate 40 U.S. state reps by the end of '98.

5. Mountain bikers in every U.S. state will be encouraged to make at least one proactive effort with hiking, horse or other trail user groups by the end of '98.

6. IMBA will distribute a master list that describes the special areas of advocacy expertise that each state rep possesses.

7. IMBA will host another representatives' summit in '99.

At Saturday night's awards banquet, five IMBA advocates were honored. IMBA Tennessee rep Walt Scarbrough and Georgia rep Jay Franklin (who was recently named to IMBA's board) were lauded for their work in producing the

Summit. IMBA board member, Carl Birkelbach, was thanked for his role in creating and inspiring the development of IMBA's state representatives network. IMBA's Trails Resource Director, Kurt Loheit, was recognized for his 10 years of leadership in trail design and construction training. IMBA Advocacy Director, Jen Lamb, was honored for her work in coordinating the Tennessee event.

"Keeping trails open for mountain bikers is too big a job for any one person or group," said IMBA executive director, Tim Blumenthal. "By improving communication and coordination among off-road cycling advocates coast to coast, this leadership summit will have far reaching benefits for all U.S. mountain bikers."

IMBA is an international non-profit mountain bike advocacy group with 13,000 individual members. Support also comes from more than 300 mountain bike clubs, 150 bicycle retailers and nearly 150 bicycle industry companies. Founded in 1988, IMBA is beginning its 11th year of promoting responsible mountain biking, encouraging volunteer trail work, and facilitating communication with land managers and other trail user groups.

IMBA's Trail Care Crew will be making another stop in Michigan this year in early August (tentatively 5-9). The MMBA and IMBA hopes to employ the Trail Care Crew's knowledge and expertise by sharing their insights with interested MMBA volunteers and land managers. If you have an interest in having the IMBA Trail Care Crew work with your local chapter and/or land manager contact the MMBA by June 30.

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A warrior is always joyful because his love is unalterable
and his beloved, the earth, embraces him and bestows
upon him inconceivable gifts
Don Juan, Tales of Power